

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:3, starttime: 14:12
Heat: 3/7 Lane : 6 Athlete: VOLCKAERT THOMAS			Q-time: 01:15:89
PB (50m pool): 01:17.05 Antwerpen 14/07/2024			PB (25m pool): 01:09.31 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.05	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:5, starttime: 14:16
Heat: 5/7 Lane : 2 Athlete: DE PEYPER MATS			Q-time: 01:11:06
PB (50m pool): no time			PB (25m pool): 01:11.06 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16			Heat:6, starttime: 14:18
Heat: 6/7 Lane : 7 Athlete: DE BACKER BRENT			Q-time: 01:08:71
PB (50m pool): 01:18.35 Antwerpen 14/07/2024			PB (25m pool): 01:08.71 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:18.35	
	no time		
			

Coach feedback:

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Event number: 25: 50M FREESTYLE WOMEN 15-16				Heat:4, starttime: 14:36	
Heat: 4/4 Lane : 8 Athlete: LANDRIEU NORA				Q-time: 00:29:76	
PB (50m pool): 00:29.76 Olympic Pool Wezenberg, Antwer 30/07/25PB (25m pool): 00:28.90 SB: no time					
	5 0 M				
PB	00:29.76				
	00:29.76				
					

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 15-16					Heat:2, starttime: 14:38										
Heat: 2/3 Lane : 5 Athlete: DE BACKER BRENT					Q-time: 00:28:75										
PB (50m pool): 00:28.75 MOUSCRON 29/05/2025										PB (25m pool): 00:26.99 SB: no time					
	5 0 M														
PB	00:28.75														
	00:28.75														
															

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 15-16						Heat:3, starttime: 14:39	
Heat: 3/3 Lane : 2 Athlete: DE PEYPER MATS						Q-time: 00:27:52	
PB (50m pool): no time						PB (25m pool): 00:27.52 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 15-16					Heat:3, starttime: 14:39	
Heat: 3/3 Lane : 7 Athlete: VOLCKAERT THOMAS					Q-time: 00:28:10	
PB (50m pool): 00:28.10 Antwerpen 13/07/2025 PB (25m pool): 00:27.24 SB: no time						
	5 0 M					
PB	00:28.10					
	00:28.10					
						

Coach feedback:

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Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:5, starttime: 15:11
Heat: 5/6 Lane : 6 Athlete: DE BACKER BIRGIT			Q-time: 00:37:78
PB (50m pool): 00:40.48 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 00:37.78 SB: no time			
	5 0 M		
PB	00:40.48		
	00:40.48		
			

Coach feedback:

Event number: 29: 50M BREASTSTROKE WOMEN 17+			Heat:6, starttime: 15:12
Heat: 6/6 Lane : 3 Athlete: DONIN MANON			Q-time: 00:34:24
PB (50m pool): 00:34.24 Antwerpen 27/07/2025 PB (25m pool): 00:33.73 SB: no time			
	5 0 M		
PB	00:34.24		
	00:34.24		
			

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN 17+			Heat:3, starttime: 15:16
Heat: 3/6 Lane : 5 Athlete: DE PEYPER NOAH			Q-time: 00:29:52
PB (50m pool): 00:29.07 Molenbeek 18/02/2024 PB (25m pool): 00:27.73 SB: no time			
	5 0 M		
PB	00:29.07		
	00:29.07		
			

Coach feedback:

Event number: 32: 100M BUTTERFLY MEN 17+			Heat:2, starttime: 15:25
Heat: 2/3 Lane : 1 Athlete: PERSOONS EMIEL			Q-time: 01:04:94
PB (50m pool): 01:14.71 Antwerpen 16/07/2023 PB (25m pool): 01:04.94 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:14.71	
	no time		
			

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Event number: 32: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 15:27
Heat: 3/3 Lane : 1 Athlete: VOLCKAERT MATTHIAS			Q-time: 01:02:37
PB (50m pool): 01:02.37 MOUSCRON 29/05/2025 PB (25m pool): 01:00.89 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.65	01:02.37	
	00:28.65	00:33.72	
			

Coach feedback: